Carlton Harris honored

By JAMES A. SMITH
Extension Agent

Carlton Harris, Hixburg farmer, was one of his Virginia farmers to be selected for honorable mention for "Outstanding Forage Producer" Award for 1981.

The Harris farm was featured on the 1979 Southern Piedmont Forage tour demonstrating a diversified use of forage production practices.

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The Red House Bull Evaluation Center will not conduct the usual spring bull test in 1981.

This year's group has 124 senior bulls, 63 junior bulls and 34 heifers.

Beef producers will want to watch these outstanding animals mature.

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The last recertification program for 1980 will be held Thursday evening, Nov. 13, at 7:30 p.m. at Pamplin School.

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There are a number of farmers that do not hold a private applicator's permit. A training session for this group will be held Monday, Nov. 17 at 7:30 p.m. at the

District Extension office on Court Street. Participants should pick up a copy of the study guide for review prior to Nov. 17.

This will be the only basic course offered this year.

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Obviously, lime can be applied most any time, but there is a best time and that's in the fall.

Heavy trucks may compact the soil, but in the course of freezing and thawing the soil tends to return to its original condition. Just as important is time for the lime to react with the soil before planting time. Obviously, fineness of ground limestone influences the reaction time. A finely ground limestone is preferable in changing soil pH.

Lime, like other farm supplies, is increasing in price; therefore, it should be applied based on soil tests.

Many farmers are taking soil samples now. You are urged to collect soil samples now for crops, pastures, gardens and lawns.

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Now is a good time to aerate the lawn. If an aerator is not available, use a pitchfork to open up compacted areas. This permits infiltration of water and increases the freeze-thaw phenomenon this winter.

If this is done, do it this week, to avoid an unsightly lawn during the rest of winter.

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Overseed pastures and hay stands in late February or early March. Now is an excellent time to begin planning for this job. Soils need to be examined closely to evaluate the amount of clover in the stand, location of field, and how reseeding the particular field will help the rotation system.

Plan to get these fields grazed short before reseeding. Remember, there is no point seeding clover into acid soils. Again, use soil tests to measure soil pH and fertility requirements.

If there are broadleaf weeds in the sod they need to be controlled, do it this fall. Delaying control until spring would take out the clover.

Energy savings

By SHIRLEY W. WALTON
Extension Agent

Window shades are a good way to help cut energy bills. They are also decorative, easy to keep clean and relatively inexpensive. In tests conducted by the Illinois Institute of Technology, shades were found to

Good news for homemakers

form a better barrier against heat flow than draperies. Of course, draperies and curtains can be used in conjunction with shades for interesting window treatment.

Glass is an excellent heat conductor. In winter, home heat is drawn out through glass windows. Hot summer time sun causes the reverse. Heat is pulled into the house causing air conditioners to use more energy.

In cold weather, three to four times more heat escapes through window glass than through the sash area around the window. Snug fitting window shades within the frame can block heat loss by 24 to 31%. So it is advisable to lower shades at night and during the cold hours of early morning and evening.

In summer, the study showed, heat build-up could be reduced as much as one-half by keeping shades lowered during the hot, sunny hours.

Most shades are made of washable, even scrubbable, material. It is recommended that you wash shades before they become heavily soiled. Kitchen and bathroom window shades are subjected to grease and moisture and need cleaning more often. To wash shades, organize supplies and work space near a kitchen or utility sink. Cover the counter or table with an old clean plastic shower curtain or tablecloth. Fill a pan or pail with warm water and add detergent or soap. Have needed brushes, sponges and cloths handy.

Place the shade flat on the covered table or counter. Remove loose dust with a clean cloth. Begin washing from the top down. Use a sponge or cloth squeezed in wash water. Textured shades may need to be scrubbed with a very soft brush. Rinse these with clean water. Wipe dry with a cloth. Turn and clean the other side. Rehang shade and pull down fully to completely dry.

Shades can be decorative, fun to use and think of the energy money you will be saving.

If you have a homemaking question or problem, you may call the Appomattox County Extension Office at 352-8244 or you may write us at P. O. Box 488, Appomattox, Va. 24522.

Homemakers, have a good week!

RECIPE OF THE WEEK
Apple Cookies

¾ cup shortening
1 cup firmly packed brown sugar
1 egg
1 teaspoon water
1½ cups all-purpose flour
1 teaspoon baking powder
½ teaspoon soda
½ teaspoon salt
1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg
1 cup finely chopped apple
1½ cups regular oats, uncooked
½ cup raisins
½ cup chopped walnuts or pecans (optional)

Cream shortening; gradually add sugar, beating until light and fluffy and sugar is dissolved. Beat in egg and water. Add next 6 ingredients, beating 2 minutes on medium speed of electric mixer. Stir in apple, oats, raisins, and nuts.

Drop dough by heaping teaspoonfuls onto lightly greased baking sheets. Bake at 375° for 10 to 12 minutes. Yield: about 5 dozen. *Note: this cookie recipe can be easily doubled and frozen. Delicious and nutritious describes this easy to bake cookie.

Happiness

Is 4-H

A schedule for 4-H Share-the-Fun programs has been finalized. Qualifying contests will begin Thursday, November 20, at Pamplin Elementary School and will also be held on November 21, 24, 25 and December 1 at Appomattox Elementary School. The final Share-the-Fun Show will be December 6, 7:00 P.M. at Appomattox County High School.

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Appomattox Mayor Ronnie Spiggle will speak to the 4-H Teen Leader Club on Wednesday evening, November 19, at 7:30 P.M. on how young people can become more involved in community decisions and community affairs. All teenagers with an interest in leadership and citizenship are encouraged to attend and participate in this meeting.

An excellent film entitled "A Question of Hunting" is available from the Virginia Game Commission. The film explores the controversy of hunting as a sport. The film will be used with the 4-H'ers at the Middle School during November.

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The Four Leaf Clover 4-H Club in the Concord-Stonewall Area has recently received permission to use the Stonewall Voting Precinct as a meeting place. The club members and leaders have cleaned up the building, made curtains and added chairs to the facility. Congratulations to the members and leaders of this new community 4-H group for a job well done.

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Members of the Senior and Junior 4-H Soils Judging Teams will be recognized at the first annual Robert E. Lee Soil and Water Conservation District Awards Banquet scheduled for November 20. The Appomattox Senior Team won the State 4-H Soil Contest in June.

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All 4-H members should have completed a new 4-H enrollment card during the last two months. If you have not done so, and plan to remain active in 4-H this year, please let us know.

Fashion show slated for ACHS Nov. 14

A fashion show will be held in the Appomattox County High School cafeteria Friday, Nov. 14 at 8 p.m.

Sara Jean Ponton, consumer relations specialist from Atlanta, Ga. will present an unusual, colorful fashion show from West Point Pepperell.

The show is open to the public, and there will be no admission charge. Refreshments will be served at the event.

The show will include everything from swim wear to evening wear.

Fabrics that will be featured are West Point Pepperell's denims, chambrays, twills, knits, Martex and Lady Pepperell sheets, pillowcases, towels and blankets.

The show, titled "Color-it-You," is designed to appeal to boys as well as girls.

The event will be sponsored by the Appomattox County Extension Homemakers, who cordially invite the general public to attend.

New vegetable variety is introduced

[Following is a release on a new vegetable variety for 1981. I have not seen it grown or examined research data on it; never-the-less, it is new and one that some gardeners may like to try. J. A. Smith, Extension Agent]

Every home gardener has waited for the day when he could plant peas in his garden and receive a harvest proportional to that produced by other vegetables occupying an equivalent space. Peas are so good but they just haven't been heavy yielding vegetables in the home garden.

If you were a plant breeder, would you try to increase pod size, number of peas per pod, number of pods per plant or try for a larger plant? The breeders of new Novella Dwarf Leafless Pea did none of these.

Using germ plasm from the New York State Experiment Station at Geneva, they developed a plant which may be planted much more densely in the garden. Rows may be planted as closely as 10 inches apart because Novella produces hundreds of threadlike tendrils that twine together creating a 'self-supporting pea patch in about ½ the area normally needed.

Novella is a semi-leafless plant that produces leaves only around the central stem. The central stem is stiffer than other peas and the compact, 18 to 20 inch plants need no staking or trellising when planted closely enough to entwine one another.

The leaves on the main stem are able to maintain sufficient photo-synthesis to sustain normal production of the medium-sized, three inch long pods. Two pods are produced at most blossom nodes and they are carried at the top of the plant for easier picking.

The new tomatoes are Big Pick VFNT, He Man VF, Jackpot VFN Stokes Pak VFN, Earlibright, Harvestvee VF, Bonnyvee VF, Pink Pearl and Dombito. Note how many have the initials, VF, VFN, or VFNT after their names. These varieties show resistance or tolerance to various tomato diseases. The V represents verticillium wilt, the F stands for Fusarium wilts, N is for nematodes and T is for Tobacco mosaic.

Big Pick VFNT produces bright scarlet, 8 ounce fruit without green shoulders in just 66 days. Its fruit are smooth, round and firm and its disease resistance makes it a good choice for the home garden. He Man VF matures a larger 10 ounce fruit in 70 days. This is one of the highest yielding mid-season varieties.

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Boneless RUMP ROAST lb. $2.29
BEALE'S Country HAMS WHOLE lb. $1.49

VALLEYDALE Bacon.... lb. $1.39
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MORTON Pot (3 vars) PIES 3 FOR 99¢
BANQUET Fried CHICKEN 2 lb. PKG. $2.39
RICHFOOD Sliced Strawberries 10 oz. PKG. 89¢
DONALD DUCK Orange JUICE 64 oz. Bot. $1.29
RICHFOOD SWEET or Buttermilk BISCUITS 4 8 oz. Cans 89¢

DOLE (IN JUICE) Pineapple... 2 8 oz. Cans 69¢
WELCH'S GRAPE Jelly..... 20 oz. Jar 79¢
ORVILLE REDENBACHER'S Popcorn (OIL 12 oz. Bot.) 15 oz. Jar 89¢
TWIN PET (Reg., Beef, Liver) Dog Food.... 5 15 oz. Cans $1.
TWIN PET (Fish Flavor) Cat Food.... 5 15 oz. Cans $1.
MARTHA WHITE Flour (Reg. or Self Rising) 5 lb. BAG 99¢
MARTHA WHITE CORN Muffin Mix.. 5 7.5 oz. BOXES $1.
RICHFOOD PAPER Towels..... 2 Lg. Rolls $1.
RICHFOOD Bleach.... Gal. Jug 59¢
SANI-FLUSH BOWL Cleaner.... 34 oz. Can 89¢
EASY-OFF WINDOW Spray Cleaner..... 16 oz. Bot. 79¢
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